

Get Nervous

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
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音樂: Nervous - Shawn Mendes



**** Start on lyric after 8 counts ****

I. STEP FWD, STEP SIDE, STEP ROCK FWD, LOCK SHUFFLE FWD, PIVOT 1/2 TURN LEFT

1-2 Step R fwd, Step L fwd
3&4 Step R Side, Recover on L, Step R fwd
5&6 Step L fwd , Step lock R Behind L, Step L fwd
7-8 Step R fwd, Turn 1/2 left step L fwd

II. STEP R SIDE ,BEHIND SIDE CROSS, STEP L SIDE, BEHIND SIDE CROSS

1-2 Step R side Swivel In - Out
3&4 Cross R behind L, Step L side, Cross R over L
5-6 Step L side Swivel In - Out
7&8 Cross L behind R, Step R side, Cross L over R

III. DIAGONAL TOUCH FWD (R-L), BOOGIE WALKS BACK (4X)

1-2 Step R to right diagonal fwd, Touch L beside R
3-4 Step L to left diagonal fwd, Touch R beside L
5-6 Step L back at the same time turn R heel towards centre, step R back at the same time turn L heel towards centre (weight tends to stay on balls of the feet)
7-8 Repeat Count 5-6

IV. STEP BACK WITH SMALL JUMP ,BALL STEP FWD, SAILOR 1/4 TURN LEFT

&1-2 Step R back diagonal, Step L side, Hold
&3-4 Step R back, Step L beside R, Step R fwd
5-6 Step L fwd, Recover on R (Count 5-6 do step with body wave)
7&8 Cross L behind R , Step R 1/4 turn left step to L, Step L fwd

Noted : No Tag, No Restart

Ending : Sailor 3/4 turn left to pose

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